

**INSTRUCTION**Health/Physical EducationA. Generally

Elementary and secondary schools shall present a comprehensive health education program which focuses attention on problems related to alcohol and drug abuse, smoking and health, personal growth and personal health, nutrition, prevention and control of disease, physical fitness, accident prevention, personal and family survival, environmental health, mental health, and consumer education.

B. Elementary Schools

Since the early development of sound health attitudes, habits, and practices are important, time shall be provided at each grade level for health instruction.

C. Secondary Schools

At least forty percent of the time for the required health and physical education program shall be devoted to health education. The remainder of the instructional time shall be devoted to physical education.

D. Family Life Education1. Generally

The Stafford County School Board approves the inclusion of Family Life Education in the health education curriculum.

2. Instructional Materials

All instructional materials used in Family Life Education must be approved by the school board. No material relating to Family Life Education may be made available for circulation through the school libraries or resource and media centers for students unless the school board has approved these materials.

3. Objections by Parents

Upon written request, parents may have their children excused, in whole or part, from Family Life Education units.

**INSTRUCTION**Health/Physical Education (continued)E. Sexual Abuse Prevention Instruction

Sexual abuse prevention instruction shall be included in Family Life Education.

**Legal Reference:** Through June 30, 1999

Code of Va., §22.1-207. Physical and health education.  
(1991)

Regulations of the Virginia Board of Education,  
"Standards for Accrediting Public Schools in Virginia."  
"Health Education." VR 270-01-0031.

Regulations of the Virginia Board of Education,  
"Standards for Accrediting Public Schools in Virginia." 8VAC  
20-131-80. A.; 8VAC 20-131-90. A.; 8VAC 20-131-100. A.;  
and 8VAC 20-131-50. (Adopted September 4, 1997, effective  
October 31, 1997.)

Adopted by School Board: March 24, 1987  
Amended by School Board: May 12, 1992

**INSTRUCTION**

Health/Physical Education (continued)